BENGALURU, MONDAY, APRIL 20, 2026 www.Bangaloremirror.com 12 Pages PRICE ₹3

Bangalore Mirror

TEMP Max 36 | Min 22 | Humidity 25% Partly Sunny Sensex 78,493 | Nifty 24,353 | Gold 1,54,605 | Silver 2,58,079 | Dollar 92.60 | Euro 109.45 | GBP 125.24

DAD DOES IT

NIMHANS study shows how fathers influence teens' ability to understand and reflect on thoughts and emotions

PAGE 2

MURKY WATERS

Central Pollution Control writes to state authority asking it to take action to implement remedial measures to improve groundwater quality

PAGE 6

Triple riding violations surge in Bengaluru; with 37,000+ cases reported by March this year, traffic police issue advisory, warning riders that taking extra pillion throws vehicle off-balance

TWO IS COMPANY, THREE IS A CROWD

Officials say youngsters often treat it as minor violation, and do it for fun or even to show off

Sanjana CS
c-sanjana.s@timesofindia.com
TWEETS @BangaloreMIRROR

"Frequent disputes over meter-based fares and the high cost of ride-hailing services also push groups of friends or colleagues to squeeze onto a single bike instead of hiring an auto for short distances —Traffic official

Triple riding, a common violation on sub-arterial roads and a persistent of the city's continued disregard for road safety norms, has emerged as a major concern in Bengaluru, with a staggering 37,480 cases recorded between January and March 2026 averaging around 12,400 to 12,500 violations each month.The Traffic Police have issued a public advisory cautioning against triple riding on two-wheelers.

According to traffic official data in 2026, till February, 19,360 cases were recorded, in March alone, 18,120 cases were booked. In the previous year, 1,10,917 cases were reported.

Traffic police note a persistent disregard for road safety norms, particularly among young riders. A recent incident of social media personality known as 'Reels Manja' being fined ₹2,000 by police in Doddaballapur for violating traffic rules is illustrative of this issue. He was found triple riding on a motorcycle without wearing a helmet with two women while simultaneously filming a reel. The video, which he later shared online, showed the trio performing for social media while riding, prompting authorities to take action for both the traffic violation and the

CONTINUED ON PAGE 8 >>

Transplanted, but barely alive

Just 45 of 108 trees transplanted by K-RIDE from Oct-Dec 2025 have survived so far

Garima Prasher
garima.prasher@timesofindia.com
TWEETS @BangaloreMIRROR

K – RIDE's initiative to preserve trees that are removed for construction of Bengaluru Suburban Rail Project in the city has yet again failed to deliver the intended results.

Official data shows that the Karnataka Rail Infrastructure Development Company Limited (K-RIDE) translocated 108 trees between Baiyappanahalli and Chikkabanavara over the last couple of years to facilitate the construction of corridor-2.

However, monitoring of the transplanted trees, conducted from October to December 2025, shows that only 45 of the 108 trees have survived so far, leaving K-RIDE with an abysmal success rate of a little over 40 percent.

Out of the 108 trees, 17 trees were translocated from Baiyappanahalli to the Chikkabanavara stretch to the KV School Ground between July and September 2023. However, only 12 trees have exhibited signs of survival. Thus, the survival rate of transplanted trees remains at 70 percent.

CONTINUED ON PAGE 8 >>

THINGS TO DO

01 Immersed in culture

Rasanubhava is a classical dance festival that celebrates the journey from Rasa (emotion) to Bhava (expression), bringing together extraordinary artists and the timeless traditions of Indian performing arts on one stage. **Where: Chowdiah Memorial Hall, Malleshwaram; When: April 25, 5 pm**

02 Build new skills

Career Compass, in association with Laughing Elephants, presents an unforgettable outdoor summer camp amidst the tranquil Sharavathi backwaters near Jog Falls. Designed for children and teenagers aged 10 to 18, the camp offers opportunities to explore nature and build new skills. **Those interested can contact for registration: +91 98450 47991; When: Until April 23, May 7 to 21, June 11 to 25**

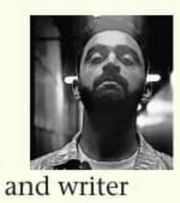
03 Made to match

Loco Lane transforms match day into a premium fan sanctuary, offering all inclusive IPL screenings with gourmet dining and the comfort of premium box seating for an elevated experience. **Where: Loco Lane, Ashok Nagar; When: Until May 31, 5 pm**

04 Lost in the melody

Rudraksha Live Entertainment Pvt Ltd presents Jazbaa, a concert featuring Vishal and Rekha Bhardwaj — a powerhouse duo in Indian music and cinema, known for their deeply moving collaborations and individual brilliance. **Where: Phoenix Marketcity; When: May 30, 7 pm**

05 Laughing matter



Rahul Dua, renowned stand-up comedian, powerhouse performer, host (Shark Tank India Season 2 & 3, Comicstaan S3 Finale), actor, creator and writer will be performing live, marking his second stand-up special. **Where: MLR Convention Centre, Whitefield; When: May 10, 7 pm**

Chip off the old block, emotionally too

Study underscores fathers' role in shaping teenagers' ability to reflect on emotions and communicate effectively, affecting emotional regulation and overall mental health

Iffath Fathima
iffath.fathima
@timesofindia.com
TWEETS @BangaloreMIRROR

While mothers have long been recognised as central to a child's emotional development, new research is now shining a sharper spotlight on fathers' role, especially during adolescence. A recent study by Arushee Wahi, RCI-registered clinical psychologist and PhD scholar at National Institute of Mental Health and Neurosciences (NIMHANS), highlights how fathers significantly influence a teenager's ability to understand and reflect on thoughts and emotions, a capacity known as reflective functioning.

Reflective functioning refers to the ability to interpret the mental states, thoughts, feelings and intentions behind one's own actions and those of others. This ability is critical for emotional regulation, healthy relationships and overall mental well-being. Adolescence, a period marked by identity formation and increasing social engagement, is a crucial phase where this skill continues to evolve.

The research which focused on adolescents with depression, anxiety and dissociative disorders, found that fathers play a distinct and often underexplored role in shaping this ability. "In adolescence, the father's role is important. As mentioned earlier, fathers help the adolescent in their development task of exploring the world. My study found that in these adolescents with depression and anxiety, if fathers were dysregulated, if they were not very expressive and did not discuss the reasons behind setting rules and/or punishing the child, it had a negative impact on the adolescent's ability to reflect. However, this is not to say that one parent is more important than the other - the idea is that fathers are also important along with mothers and research should look at the influence of both parents (which until now is largely focused on mothers only)," Wahi added.

The study draws from established attachment and psychodynamic theories, which suggest that while mothers often provide emotional security, fathers act as facilitators of exploration. This becomes particularly relevant in adolescence, when young people begin to step beyond the family unit and engage more deeply with peers and the outside world. "This statement is derived from attachment theories. It is not a conclusion of my study," Wahi clarified.

She said that they are especially important in adolescence as they act as a bridge to the outside world. "They play an important role in the adolescent understanding boundaries of the social world, as well as how to effectively explore, play and relate to others, as well as cope with separation or other interpersonal difficulties," said Wahi.

Importantly, the study found that specific paternal behaviours such as emotional expression, regulation and open communication have a direct impact on a teenager's reflective functioning. Adolescents were better able to understand their own and others' emotions when fathers modelled healthy emotional expression and engaged in discussions about thoughts and feelings.

These findings carry significant implications for mental health interventions. "If possible, psychotherapists working with children and adolescents must insist on the availability of both parents while discussing parenting strategies," she said.

Study finds specific paternal behaviours such as emotional expression, regulation and open communication have direct impact on teenager's reflective functioning

She added that encouraging fathers to be curious and interested about what their adolescent is thinking and feeling without being over-involved or imposing their assumptions becomes important.

The study also underscored the importance of emotional regulation among parents. At a practical level, Wahi suggests simple yet effective changes in communication. "Asking the adolescent how they are feeling instead of telling them what the father thinks they are feeling. The former is a better approach as it leaves room for the adolescent to discuss their perspectives," she noted.

Victoria Hospital's 'Q-Block' to open on May 2

After years of delay, a major infrastructure boost is finally set for Victoria Hospital, with its new 10-storey 'Q-Block' building scheduled for inauguration on May 2. Built at a cost exceeding Rs 68 crore, the project, which took nearly 17 years overall and seven years of active construction, marks the hospital's 125th year and adds a modern facility spread across 2 lakh sq ft with a capacity of 650 beds. This will take the hospital's total bed strength to 1,535. Functioning under Bangalore Medical College and Research Institute, the hospital caters to patients from across Karnataka and handles over 1,200 outpatients daily, along with 500–600 inpatients, 150–170 deliveries, 30–35 major surgeries and around 150 minor surgeries every day. The new block is expected to significantly ease crowding, reducing long waiting hours patients currently face for treatment.

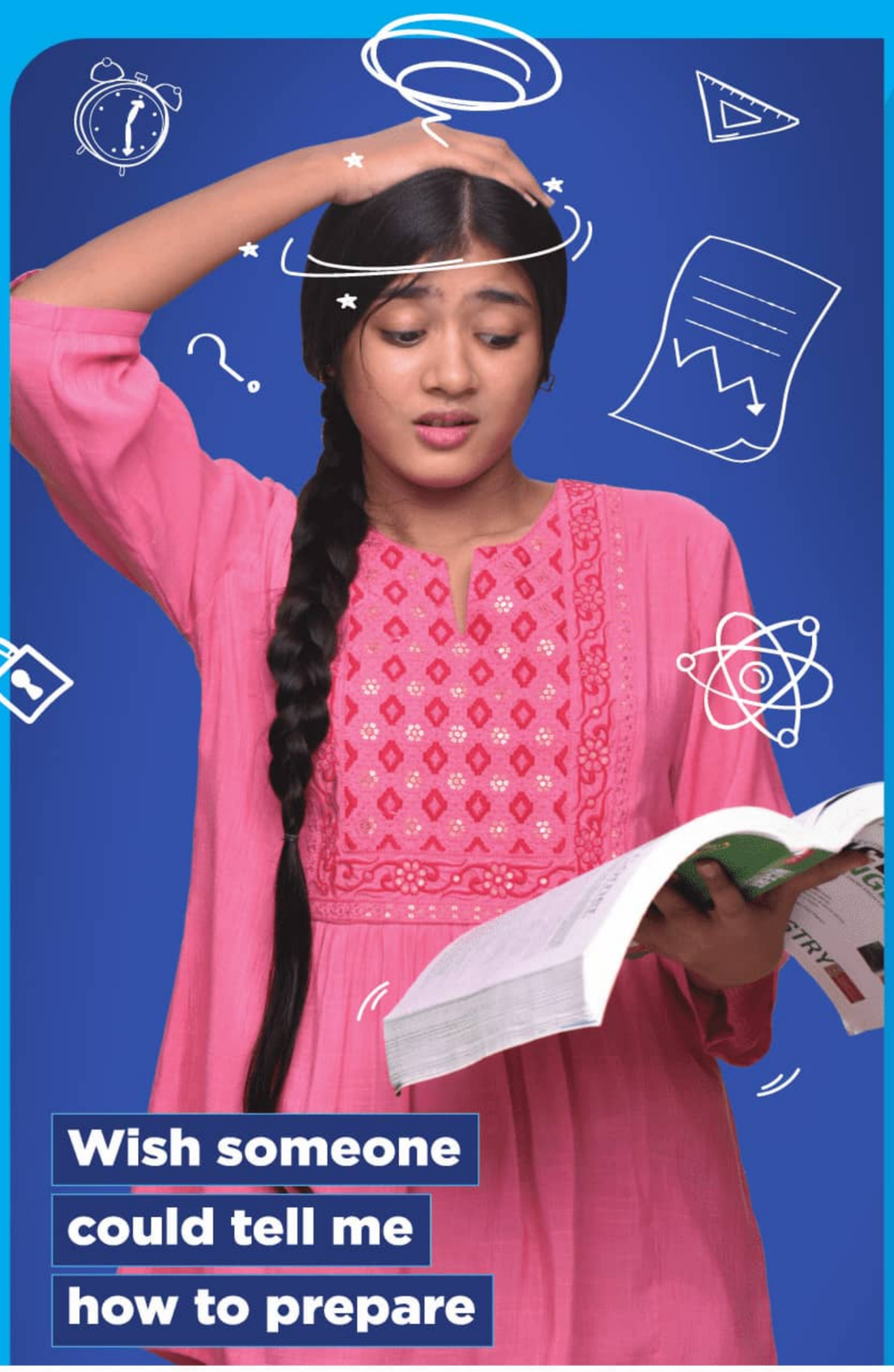
Sources said that the 'Q-Block' will house general wards, including surgical and men's wards across the first five floors, followed by two floors of special wards and two dedicated operation theatre levels featuring eight advanced surgical rooms, along with a VVIP floor. A helipad is also being developed to facilitate organ transport, and the orthopaedic department will be shifted here from the old building. Recruitment of additional nurses and support staff is underway, while procurement of beds and medical equipment is in progress. The foundation stone was laid in 2019 by then Chief Minister BS Yediyurappa, with an initial deadline of 2021, but delays due to Covid and other factors pushed timelines and costs upward. Officials said the new facility will not only reduce pressure on the existing hospital but also improve access to advanced care, especially for middle- and lower-income patients, with insurance coverage applicable for treatment in special wards, including procedures like knee and hip replacements costing up to Rs 2–3 lakh. **— BMB**

Crafty connection Members of Crafty, an arts and crafts meetup, gather on Sunday at Cubbon Park to connect and work on new projects
PIC: KAUSHIK JN

DON'T JUST WISH IT...

Aakash it.

Aakash
Medical | IIT-JEE | Foundations



ADMISSIONS OPEN

- **CLASS 6th–10th Studying Students** — Foundation Courses* for School / Board Exams / Olympiads. Classes 6th, 7th & 8th for selected branches only
- **CLASS 11th Studying Students** — 2 Year Integrated Classroom Courses for NEET / JEE / KCET
- **CLASS 12th Studying Students** — 1 Year Integrated Classroom Courses for NEET / JEE / KCET
- **CLASS 12th Appearing / Passed Students** — 1 Year Repeater / Dropper Courses for NEET / JEE

Appear for Instant Admission Cum Scholarship Test (iACST)
Get Up to 90% Total Scholarship*

*T & C Apply

SCAN TO ENROLL

Hurry!
Batches Filling Fast!

Call Your Nearest Branch: **Bengaluru: Banaswadi:** 9311476789 **Bannerghatta Road:** 8800013043, **Hebbal:** 8800013045 **HSR Layout:** 8800013044, **Indiranagar:** 8800013046 **Jayanagar:** 8800013047 **Nagarbhavi:** 9901499299 **Rajajinagar:** 8800013048, **Rajarajeshwari Nagar:** 7836999994 **Seegehalli:** 8800902396 **T Dasarahalli:** 8800878217 **Whitefield:** 8800013049 **Yelahanka:** 7026505152, 8971954467 **Gunjur:** 9148802101, 9148803101 **Mysuru: Kuvempunagar:** 8800013052 **Suburban:** 7428899148 **Ballari:** 7337737776, 9686696041 **Belagavi:** 8800012965 **Dharwad:** 8800909381 **Hassan:** 8800897304 **Hubballi:** 8800013051 **Mangaluru:** 8800012964 **Shivamogga:** 8800898692 **Tumkur:** 6366185924, 6366185294 **Udupi:** 8800898735 **Vijayapura:** 9583337272, 6362367272

Scan QR code to Nearest Branch

CALL (TOLL-FREE):
1800-102-2727

VISIT:
aakash.ac.in

Aakash INVICTUS Advanced JEE Prep Program

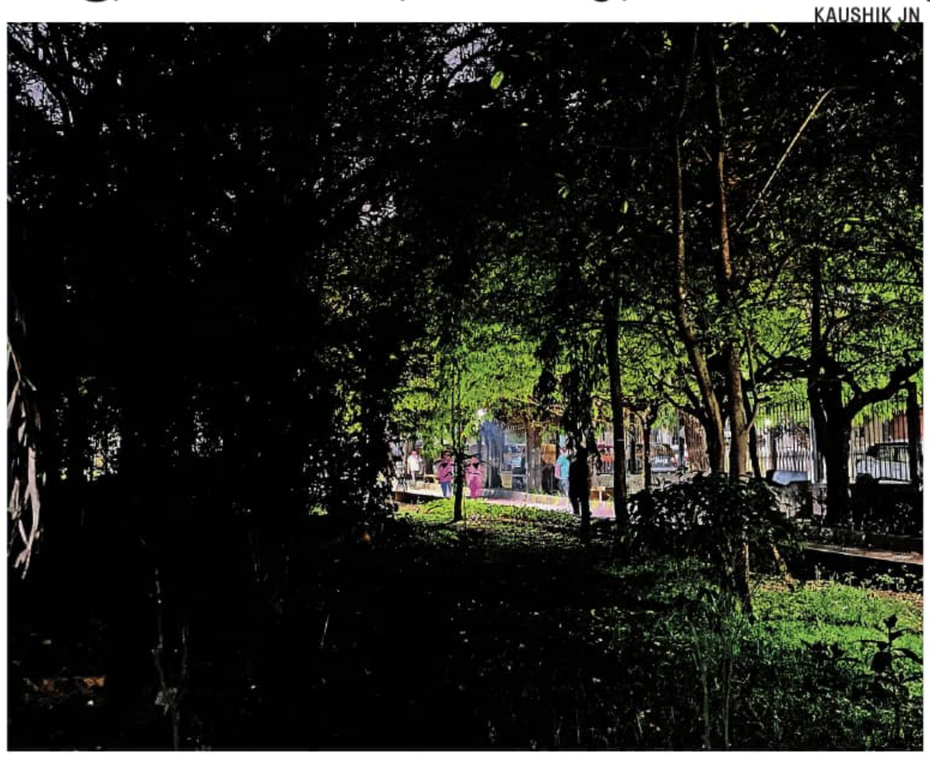
Aakash
Medical | IIT-JEE | Foundations

Neglect peaks, patience ends; walkers protest in Rani Park

Fed up with neglected basic amenities in Rani Park, walkers demand immediate improvements in lighting, cleanliness, security, and overall park maintenance

Y Maheswara Reddy
c-y.reddy@timesofindia.com
TWEETS @BangaloreMIRROR

KAUSHIK JN



Members of Rani Park Walkers' Association staging a protest for basic amenities at Rani Park

Members of the Rani Park Walkers' Association organised a protest on Saturday demanding that authorities provide basic amenities at the park for the benefit of hundreds of residents from Wilson Garden and surrounding areas who visit for morning and evening walks. They complained that Rani Park lacks essential facilities such as toilets, proper lighting, and cleanliness, and urged authorities to take up maintenance immediately for the benefit of visitors.

The agitating walkers said that despite repeated complaints, the authorities have failed to address the problems at the park.

"The current state of Rani Park is unacceptable for a locality like Wilson Garden. We pay our taxes and expect basic amenities. The lack of lighting is not just an inconvenience but also a security risk that needs to be addressed immediately. Lack of lighting encourages miscreants to harass women who come to the park for a walk in the evening. If the authorities fail to fix the problems, we will intensify our agitation by staging a protest on the road," said S Umesh, President of the Rani Park Walkers' Association.

Cautioning the authorities, Dr Balakrishna Adiga, retired principal of Vijaya College, said that the walkers' association plans to intensify the agitation if the problems are not resolved at the earliest.

> **"There are no security guards at the park on a regular basis. I appeal to the authorities concerned to provide amenities at the park for the benefit of walkers**
> – Anasuya (Resident)

Expressing a similar concern, Dr Shashikumar, a resident, said that senior citizens, women, and children have been facing difficulties due to poor maintenance. "There are no lights in the park and it poses danger to women and children. There is nobody for watering the saplings in the park. Authorities must provide contact numbers of various departments to enable walkers to reach officials to fix the problems," he said.

Anasuya, a resident who has been visiting the park for the last 10 years, said there are no regular security guards. "I appeal to the authorities concerned to provide amenities at the park for the benefit of walkers," she said. Narasimha Murthy, another resident, urged authorities to replace fused bulbs and ensure regular cleaning.

Meanwhile, Bengaluru Central City Corporation (BCCC) Superintending Engineer (Horticulture) Hanumantha Naik said he has informed the health and electrical departments to address cleanliness and electrical issues at Rani Park.

Auto revolution: Women redefine Bengaluru's roads

More than 350 women trained as auto drivers now navigate city streets, turning livelihoods into independence and inspiring others from vulnerable communities

Iffath Fathima
iffath.fathima@timesofindia.com
TWEETS @BangaloreMIRROR

After its introduction, the initiative has steadily gained momentum across Bengaluru, with more than 350 women now trained as auto drivers making an impact in a sector traditionally dominated by men. What began as an effort to create livelihood opportunities has grown into a larger movement, enabling women from vulnerable backgrounds to step into the workforce, earn independently, and reshape the city's mobility landscape.

Today, over 200 of these trained women are actively driving auto rickshaws on city roads, earning a daily income ranging between ₹1,200 and ₹1,500. For many, this is their first opportunity to secure a steady livelihood and support their families independently. The program has particularly focused on women from vulnerable backgrounds, including widows, single parents, divorced women, and those with limited or no financial support systems. For them, stepping into the driver's seat represents not just economic empowerment, but also a reclaiming of confidence and agency.

The training module, conducted over 30 to 40 days, goes beyond driving skills. Participants are equipped with essential life skills such as spoken English, basic digital literacy, and financial management through weekend sessions. The initiative also ensures that trainees receive assistance in obtaining driving licences, enabling a smoother transition into the workforce.

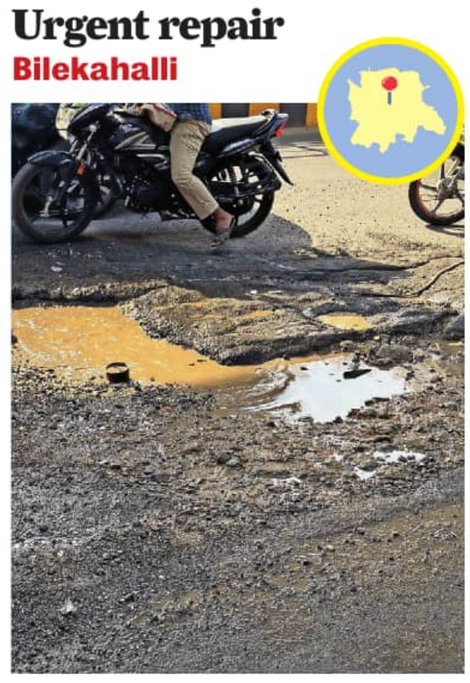
Raghavendra from B PAC said, "This initiative is about much more than livelihoods. It is about giving women the confidence to step into public spaces and take control of their futures. Many of the women we work with come from extremely challenging circumstances, and today they are not only earning but also inspiring others to follow."

Training includes driving, digital literacy, spoken English, financial management

To support long-term sustainability, financial assistance has been extended to help women move towards vehicle ownership. Over 70 women have already received support for down payments, allowing them to gradually transition from renting autos to owning them, significantly improving their income stability over time. Beyond economic empowerment, the initiative is also working towards creating a network of "safety ambassadors" across Bengaluru, fostering a greater sense of trust and security, particularly for women passengers navigating the city, as it expands further.

whatsapp MIRROR
9591233247
Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Urgent repair
Bilekahalli

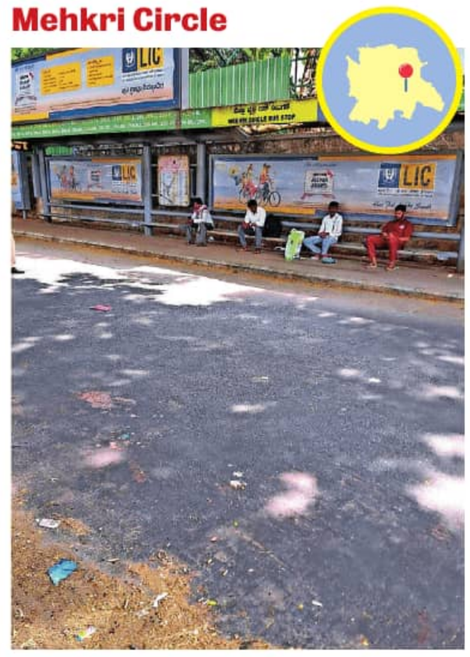


A hazardous pothole along the Bilekahalli road towards Fortis Hospital demands immediate attention to prevent commuters' risks.

Public confusion
Shivajinagar

An upside-down "No Parking" sign opposite the Shivajinagar bus station is creating confusion for motorists.

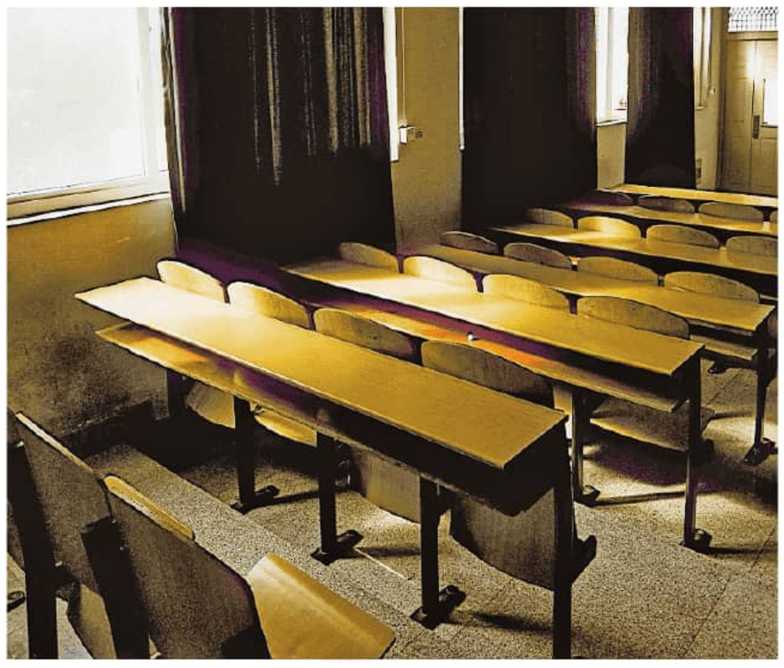
Flawed seating
Mehkri Circle



Unscientifically low seating at the Mehkri Circle bus stop is causing significant physical discomfort for senior citizens.

No tolerance for fraudulent practices in education

Running any educational or religious institution without following statutory norms is serious violation, particularly when it involves formal instruction, says HC while upholding action against school



The Karnataka High Court has affirmed the decision of the state education authorities to cancel the recognition granted to a school after it was found to have secured approval using fabricated documents and to have been running a madrasa without obtaining the necessary permissions.

The action against the institution was initiated following an inquiry by the education department, which revealed that the school had relied on a forged certificate at the time of applying for recognition. Based on these findings, authorities withdrew the institution's recognition, prompting the management to challenge the order before the High Court.

During the proceedings, the school's representatives argued that the cancellation was unjustified and sought to have the order set aside. However, the court was not convinced by these submissions.

The bench underscored that the regulatory framework governing educational institutions is designed to ensure transparency, accountability and adherence to prescribed standards. Any attempt to bypass these requirements through fraudulent practices, it observed, strikes at the very foundation of the system and cannot be tolerated.

The court also took into account the allegation that the institution had been operating a madrasa without securing the requisite approvals from the competent authorities. It noted that running any educational or religious institution without following due process and statutory norms is a serious violation, particularly when it involves students and formal instruction.

Highlighting the importance of compliance, the court observed that institutions seeking recognition are expected to meet all legal and administrative conditions in letter and spirit. Failure to do so, especially through deliberate misrepresentation or submission of false documents, justifies strict action by the authorities.

HIGH COURT

In its final ruling, the High Court found no illegality or procedural lapse in the decision taken by the education department. It held that the cancellation of recognition was both lawful and warranted in the circumstances of the case.

Accordingly, the petition filed by the school management was dismissed, with the court effectively endorsing the state's action and reiterating that institutions must function within the bounds of the law and established regulations.

Interim relief granted to DRDO staff

The Karnataka High Court has extended its interim stay on criminal proceedings initiated against staff members of the Defence Research and Development Organisation (DRDO) in connection with allegations involving the handling of dogs within its Bengaluru campus.

Hearing the matter, Justice M Nagaprasanna directed all parties to place their objections on record and posted the case for further consideration on April 25. The court also instructed DRDO officials to retain CCTV footage from the period in question, noting that it may be relevant to the case.

The FIR, registered at the Mahadevapura Police Station, cites provisions under animal cruelty laws along with sections of the Bharatiya Nyaya Sanhita.

It names certain DRDO personnel following complaints that dogs on the premises were either mistreated or relocated improperly.

During earlier proceedings, the court had raised concerns about whether criminal charges were justified in a situation that appeared to involve the movement of animals within a controlled campus. It indicated that the applicability of penal provisions would need closer examination.

While the complainant's counsel and authorities argued for allowing the investigation to continue—assuring that no immediate coercive action would be taken—the court chose to maintain the stay until it reviews all submissions.

The interim protection granted to the accused will remain in effect until the next hearing, as the court weighs the legal and factual aspects of the case. **BMB**

Court says institutions seeking recognition are expected to meet all legal and administrative conditions in letter and spirit

AMITY UNIVERSITY BENGALURU

B.TECH *Powering Progress*

THE AMITY BENGALURU ADVANTAGE

Placements That Power Your Future
- Top recruiters include TCS, Cognizant, Infosys, Tata Technologies, Capgemini, JTP, L&T Technology Services, DCB Bank, Hexaware, Euromonitor, Jio BP, DeltaX, Hiveminds, ICICI Lombard, Sheenlac Paints...
- Amity Innovation Incubator on campus to encourage entrepreneurial outlook

Where Industry Meets Education
- Live industry projects and workshops with global tech leaders from EMC², IBM, Oracle, Sun Microsystems & CA Technologies
- Numerous student-led innovations that solve real-world challenges with tangible impact

Cutting Edge Research & Discovery
- Several Govt funded research projects in collaboration with CSIR, DST, BRNS...
- Diverse Centres of Excellence in emerging fields for research depth & domain expertise
- Student special clubs like GitHub, Google Developer, Environmental Awakening...
- 35+ Hi-tech labs with state-of-the-art equip

Experts Leading Your Learning Journey
- 235+ Distinguished faculty, scientists & staff shaping the learning experience
- Faculty credited with many patents, books & chapters and 49 Scopus indexed publications

NH 648, Devanahalli–Doddaballapur Road, Bengaluru
E: admissions.blr@amity.edu

ENGINEERING
- **B.TECH**
  - AI & ML
  - CSE
  - EEE-EVT
  - ECE
  - CSE-IoT
  - CSE-DevOps
  - CSE-Cloud Computing
  - CSE-Robotics
  - CSE-Data Analytics
  - CSE-Full Stack Development
  - Embedded System & VLSI
- **M.TECH**
  - CSE
  - Project Mgmt

OTHER PROGRAMMES OFFERED UNDER SCIENCE (MATHS) STREAM

COMPUTER SCIENCE / IT
- B.Sc-AI & ML
- BCA
- M.Sc (Cyber Security/Data Sc)
- MCA-AI & ML
- MCA

APPLIED SCIENCES
- B.Sc (Computer Sc, Maths & Stats)
- B.Sc (Phy, Maths & Computer Sc)
- B.Sc (Phy, Maths & Chem)
- B.Sc (Eco, Maths & Stats)
- M.Sc Applied (Phy/Chem/Stats)

To apply visit:
amity.edu/bengaluru
by: 25th April 2026
7303-399-000

Swift response helps police reunite mother and child

Quick action by the Byadarahalli police ensured the safe return of a missing seven-year-old girl in Chikkagollarahatti.

A passerby noticed a woman crying by the roadside after her daughter went missing and immediately contacted the Namma 112 emergency helpline. The alert was relayed to Hoysala 93 patrol unit of Byadarahalli Police Station.

Within 15 minutes, officers reached the distressed mother, gathered details, and launched a search operation. CCTV footage from the area was reviewed as part of the investigation.

Following the intensive search, the child was quickly identified and reunited with her mother. Police officials counselled the family on the importance of close supervision of children to prevent such incidents in the future. **BMB**

Narcotics worth ₹8 cr seized at KIA

Customs officials at Kempegowda International Airport (KIA) have made a series of major narcotics seizures this week, intercepting hydroponic ganja valued at more than Rs 8 crore from passengers arriving from Bangkok.

On April 18, officials seized 5.7 kg of hydroponic ganja concealed in baggage at Terminal 2, worth an estimated Rs 1.99 crore. A day earlier, another passenger was caught with 5.78 kg of the contraband, valued at Rs 2.02 crore.

In a related incident on April 16, four women passengers arriving from Bangkok were arrested after officials discovered 11.72 kg of hydroponic ganja hidden in their checked-in baggage. The haul was valued at Rs 4.1 crore. According to an official statement released on X, all accused have been arrested under the provisions of the Narcotic Drugs and Psychotropic Substances (NDPS) Act. **BMB**

Probe underway into fire at Bellandur Lake

A fire erupted in the early hours of the weekend at Bellandur Lake, sparking concern among local residents and civic authorities.

Fire and emergency teams were promptly alerted and rushed to the site, where firefighters worked to contain the blaze and prevent it from spreading further.

Officials noted that the lake is currently undergoing restoration and infrastructure upgrades under the Bangalore Development Authority. The exact cause of the fire remains unclear, and authorities have launched an investigation to determine the source of the incident. **BMB**

Silent crisis beneath: Karnataka's groundwater breaches safety limits

From farmland runoff to landfill seepage, Karnataka groundwater under stress, CPCB directs authorities to act fast as contamination crosses safe limits

Garima Prasher
garima.prasher
@timesofindia.com

TWEETS @BangaloreMIRROR

Agricultural runoff major cause behind rising groundwater contamination levels

Report underscores the concerning situation in Karnataka, along with States such as Rajasthan and Tamil Nadu, where 48 percent of tested groundwater samples showed nitrate contamination beyond safe limits

The Central Pollution Control Board (CPCB) has written to the Karnataka State Pollution Control Board (KSPCB), asking it to take measures to improve groundwater quality in the State. CPCB has requested KSPCB, along with other State pollution control boards, to initiate necessary action for implementing the remedial measures outlined in the Annual Ground Water Quality Report by the Central Ground Water Board (CGWB).

"The report (the Annual Ground Water Quality Report, 2024 by CGWB) may be shared with the concerned departments in the State and the concerned ULBs for taking necessary action for implementation of the remedial measures as mentioned in the report," CPCB noted in its communication to the Board.

CPCB approached KSPCB after the principal bench of the National Green Tribunal (NGT) took cognisance of groundwater pollution in December 2025, based on a news article that highlighted excessive nitrate levels in groundwater across 440 districts in the country. The tribunal noted violations under the Water (Prevention and Control of Pollution) Act, 1974, and the Environment (Protection) Act, 1986.

The report underscores the concerning situation in Karnataka, along with States such as Rajasthan and Tamil Nadu, where 48 percent of tested groundwater samples showed nitrate contamination beyond safe limits. Following the NGT notice, CGWB released a groundwater quality report in December 2025 through the Central Ground Water Authority.

Apart from nitrate pollution, the report highlighted anomalous iron levels in groundwater samples from Dakshina Kannada, Udupi, and Uttara Kannada. In 2025, CGWB said groundwater quality in several parts of Karnataka does not comply with BIS standards. Of 398 samples collected, 181 recorded nitrate levels above permissible limits in total.

Another analysis conducted by the Board in 2024 examined 75 groundwater samples from 28 gram panchayats in Doddaballapur and found that about 33 percent exceeded the permissible WHO nitrate limit.

Experts attribute nitrate enrichment to the geology of the region, agricultural runoff, and improper disposal of domestic and animal waste. "Karnataka largely has alluvial and hard-rock aquifers, which may contribute to higher levels of nitrate in groundwater. Additionally, nitrate contamination can also be due to excessive fertilizer application and improper disposal of domestic and animal wastes. Nitrate leaching from agricultural fields into groundwater can be reduced by improving fertilizer management. Leachate from landfill may also lead to contaminating the groundwater with these compounds," said a city-based hydrologist.

A recent study by the Indian Institute of Science and Indiana University found that groundwater around the Mandur landfill is highly polluted due to nitrate seepage. Researchers analysed 25 samples and found 17 with high nitrate levels during the post-monsoon season, posing health risks to residents.

Tariff hike backlash: industry warns of severe fallout

The Federation of Karnataka Chambers of Commerce and Industry has expressed serious concern over the Karnataka Electricity Regulatory Commission in order on power tariff hike, stating it will adversely impact industry, trade, and economic growth. "The KERC has approved a tariff increase of 56 paise per unit for BESCOM and 16 paise per unit for CESC, while directing refunds by MESCOM, HESCOM, and GESCOM. Retrospective tariff revisions for 2025–26, along with increases in energy and demand charges, have amplified the financial burden on businesses. This is further compounded by the 9% electricity tax," said Uma Reddy. She added that the decisions will disrupt working capital due to backdated liabilities, forcing diversion of funds, and affecting planning, profitability, and MSMEs. **— BMB**

KRS storage declines, falls under 100 feet

The water level at the Krishnarajasagara Dam dipped below the 100-foot mark, touching 99.98 feet on April 18, down from 100.23 feet the previous day. The reservoir, with a full capacity of 124.80 feet and storage of 49.452 TMC ft, holds 22.793 TMC ft, lower than the level recorded during the same period last year. Officials said there is no immediate concern for drinking water supply or standing crops. The reservoir created a record in 2025 by filling up as early as June and was maintained at 123.80 feet until December-end, after which water was released for sugarcane crops and drinking needs, leading to a gradual decline. Historical data shows similar trends, with levels dropping below 100 feet in previous years, including 99.92 ft in 2020, 99.66 ft in 2021, 99.95 ft in 2022, 99.60 ft in 2023, and 99.64 ft in 2025. Currently, about 1.920 TMC ft is released every month to meet drinking water needs. Officials said storage is sufficient for drinking water and irrigation. **— BMB**

NOTES FROM THE FIELD

Sharp rebuke

In a review meeting, Revenue Minister Krishna Byre Gowda pulled up officials in Chamarajanagar district, questioning their excuses and performance. Taking a tone, he remarked the district ranks the worst in the state and slammed officers for "telling stories in every meeting but failing to deliver on the ground." He questioned whether disputes existed only in their district and criticised the lack of willingness to improve despite repeated instructions. Calling their responses "lazy and unbecoming," the minister expressed strong displeasure at all tahsildars, making it clear complacency would no longer be tolerated.

Whisper moment

A candid moment between Prime Minister Narendra Modi and Chief Minister Siddaramaiah has set social media buzzing after a photograph captured the Prime Minister leaning into whisper something into the Chief Minister's ear at HAL Airport. Modi, who arrived in the city on an official visit last Wednesday, received a ceremonial welcome by Siddaramaiah, who greeted him with sandalwood garland, shawl and Mysuru peta. Both leaders exchanged smiles and folded hands before the brief, private exchange that quickly became the highlight of the visit. The image of the two leaders engaged in what appeared to be a quiet, close conversation has since gone viral, drawing attention given Siddaramaiah's usual public criticism of the Prime Minister at rallies and events.

Millet message

With a touch of humour, Prime Minister Narendra Modi quipped that it was former Prime Minister H D Deve Gowda who "popularised" ragi mudde across the country during his time in office, drawing smiles from the audience at Adichunchanagiri, a region known for millet cultivation. Beyond the light moment, Modi used the reference to underline a serious message for the younger generation, urging them to bring millets like ragi back into their diets and cut down on excessive oil consumption, noting that such simple changes can help curb rising obesity and lifestyle-related health issues.

'I know'

During a recent programme, Home Minister G Parameshwara responded to memes portraying him as a "don't know minister," saying the perception was misplaced. "It is not that I don't know things, I definitely do. However, I may not be able to say everything due to legal issues. Even if I know, I cannot always speak. If I truly don't know something, I will clearly say so," he clarified.

Humanity shines

Union Minister H D Kumaraswamy showed a timely act of compassion while travelling from Bengaluru to Hassan for a private programme, by helping an accident victim who had been left unattended on the highway. The injured person, identified as Vikram, was hurt in a collision between an auto and a car on the Bengaluru-Hassan highway and had been lying on the road for over half an hour without assistance. Noticing the situation, Kumaraswamy immediately arranged for Vikram to be shifted in his convoy vehicle to Adichunchana-giri Hospital and personally called doctors to ensure he received prompt treatment.

Political reversal

Just days before the Davanagere by-election candidate announcement, ministers Zameer Ahmed Khan and SS Mallikarjun—who were recently at loggerheads, even accusing each other over campaign support—sang a markedly different tune. Speaking at separate gatherings, both emphasised friendships, with the pair jokingly calling each other "chaddi dost" and downplaying past differences. While earlier there were tensions over ticket allocations and campaign backing, the ministers now projected unity, attending meetings with community leaders and avoiding public disputes. **— Sridhar Vivan**

BM SIMPLY PUT

All you need to know about why bill was deemed to be unfair to some states

Delimitation halted

Even as the Centre withdrew the delimitation bill, which was closely tied to the women's reservation bill that failed to secure the required two-thirds majority in the Lok Sabha, opposition parties remained wary. They argued that any move to alter the number of Lok Sabha and Assembly seats across states could significantly affect political representation. Southern states, including Karnataka, had already flagged concerns over fairness, sparking a wider national debate on the issue.

What is delimitation?
Delimitation is the process of redrawing Lok Sabha and State Assembly constituencies and deciding how many seats each state gets. Since elected representatives reflect population, seat allocation is based on Census data. Under Article 82 of the Constitution, delimitation is to be carried out after every Census.

How many times has delimitation been done so far?
The first exercise was conducted in 1950-51. The last major delimitation was in 1976 based on the 1971 Census, when Lok Sabha seats were fixed at 543. In 2001, another exercise was carried out, but it only adjusted constituency boundaries within states without increasing the total number of seats.

How is delimitation carried out?
A Delimitation Commission uses population data to allocate seats among states and redraw constituency boundaries. It also decides the number of seats reserved for Scheduled Castes and Scheduled Tribes to ensure fair representation.

Who conducts delimitation?
The Centre sets up a Delimitation Commission, usually headed by a sitting or retired Supreme Court judge, to carry out the exercise.

Who are part of the commission?
The commission includes a Supreme Court judge as chairperson, along with representatives from the Election Commission and State Election Commissioners.

What is the role of state-level committees?
Each state has a committee comprising five MPs and five MLAs. They provide inputs based on local factors like geography and administrative boundaries, but they do not have voting rights.

What were the key proposals in the now-withdrawn bill?
The withdrawn bill had proposed increasing Lok Sabha seats from around 550 to 850, using 2011 Census data, and delinking delimitation from future Census exercises. It also suggested expanding representation in Union Territories.

Why did the proposal trigger concern?
Southern states, including Karnataka, feared that population-based seat redistribution would benefit northern states with higher population growth, reducing their relative share in Parliament despite better population control.

What was the core issue?
The concern was not just about the number of seats but about federal balance. States that had stabilised population growth argued they could be politically disadvantaged compared to those with higher growth rates.

Why did opposition parties object?
Opposition parties said the proposal lacked wider consultation and raised concerns about its timing and intent, especially as it was seen to be linked with the women's reservation framework.

Which states were expected to gain or lose?
Estimates suggested states like Uttar Pradesh, Bihar and Rajasthan could gain a higher share of seats, while states such as Tamil Nadu, Kerala and Andhra Pradesh could see a relative decline in their proportion, even if their absolute seat count rose slightly.

What does the withdrawal mean now?
With the bill withdrawn, the immediate concerns over seat redistribution and its impact on regional representation have eased. However, delimitation as a constitutional requirement remains pending and will need to be addressed after a future Census.

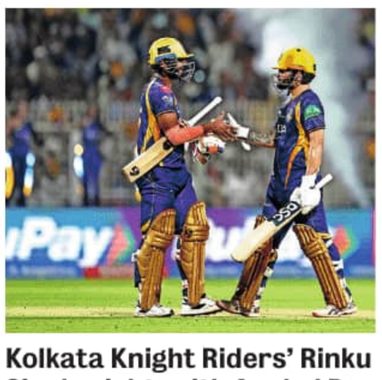
What lies ahead?
The withdrawal has paused a politically sensitive debate, but the issue is far from settled. Any future attempt at delimitation will need to balance population-based representation with regional equity to avoid renewed tensions, especially among southern states like Karnataka.

TATA IPL IPL 2026 Festival of cricket

Rinku, Anukul script dramatic turnaround as KKR end winless run

Vice-captain Rinku Singh lived up to expectations with a composed unbeaten 53 as Kolkata Knight Riders survived anxious moments to script their first win of IPL 2026 with a four-wicket victory over Rajasthan Royals, here on Sunday.

Courtesy Rinku and Anukul Roy, the target was achieved with two balls to spare and the win took them to ninth spot in the 10-team table.



Kolkata Knight Riders' Rinku Singh, right, with Anukul Roy celebrates his half century during the IPL 2026

RR	155/9 (20)
KKR	161/6 (19.4)

Wily Varun Chakravarthy (3/14) returned to his best, showing perfect chemistry with veteran Sunil Narine (2/26) as KKR rediscovered their spin magic at Eden Gardens to restrict RR to an under-par 155/9. Rookie pacer Kartik Tyagi (3/22) also shone at the death with important wickets.

The bowlers had done half the job for KKR in pursuit of their maiden victory after six matches, and it was up to the batters to finish the task.

But what followed was another familiar batting horror from a line-up that has struggled for consistency this season.

Reeling at 85/6 in 13.3 overs, KKR needed 69 runs from the last six overs, with RR's bowlers tightening the screws and Rinku alongside Anukul Roy appearing to be the last recognised pair.

Then came a moment of fortune as Rinku was dropped on eight by Nandre Burger -- a sitter that proved to be the turning point. The KKR vice-captain made full use of the reprieve to change gears, while Roy played the perfect supporting role as the duo stitched a match-winning 76-run seventh-wicket stand off just 37 balls to seal KKR's first win of the season.

-PTI

Priyansh Arya overtakes KL Rahul's PBKS record with ultra-aggressive knock

Punjab Kings (PBKS) batter Priyansh Arya went past KL Rahul for the most fifties in less than 20 balls in the franchise's history on Sunday.

Arya achieved this record during his side's Indian Premier League (IPL) clash against Lucknow Super Giants (LSG) at Mullanpur, scoring an ultra-aggressive 93 in 37 balls, with four boundaries and nine sixes and a strike rate of 251.35.

, Priyansh has three fifties in less than 20 balls, today's half-century in 19 balls, against Sunrisers Hyderabad (SRH) in 16 balls and against Chennai Super Kings (CSK) in 19 balls last season, as per CricViz.

KL Rahul had a 14-ball half-century against the Delhi Capitals (DC) in 2018 and a 19-ball fifty against the Chennai Super Kings (CSK) in 2019.

Punjab Kings' Australian cricket player Cooper Connolly (L) and teammate Indian cricket player Priyansh Arya (R) powered their team to a challenging 254 in their match against LSG on Sunday

Today's battle
Gujarat Titans vs Mumbai Indians
7.30 PM Ahmedabad

In five innings for PBKS this season, Priyansh has scored 211 runs at an average of 42.20 and a strike rate of 248.23, with two fifties. He has smacked 14 fours and 20 sixes this season. In 22 matches for PBKS, he has made 686 runs at an average of 31.18, with a strike rate of 196.00, with a century and four fifties.

-ANI

Root ball method used, all guidelines followed

CONTINUED FROM PAGE 1

Another set of 11 trees was translocated from Baiyappanahalli Railway Station to Lottegollahalli Railway Station stretch to Yeshwanthpur colony between July and September 2023. During the September to December 2025 inspection, the survival rate of transplanted trees was found to be lower, from 54.54 percent previously to 36.36 percent. Out of the 11 trees moved to a new location, only four are showing symptoms of healthy condition.

Between October and December 2023, as many as 33 trees were translocated from Lottegollahalli Railway Station to the Chikkabanavara Station stretch. During this quarter, the survival rate of transplanted trees was again found to have reduced from 42.42 percent to 39.39 percent compared to the previous quarter. Out of 33 transplanted, only 13 appear to have taken well to the new environment.

Another 35 trees were removed from Benniganahalli Railway Station to Chikkabanavara Railway Station, and the translocated trees will be monitored across all four seasons to assess their survival rate. Out of a total of 35 trees translocated, 16 have shown sprouting of fresh leaves and survival symptoms.

For the removal of the BWSSB Sewer line at Hebbal, 12 trees were translocated in Nadaprabhu Kempegowda layout in the third quarter of 2025. The translocated trees, although they are and will be monitored across all four seasons to assess their survival rate, did not show any survival symptoms due to recent translocation shock and seasonal variation.

According to K-RIDE, the trees were translocated following the root ball method prescribed through a set of guidelines proposed by a team of botanists from the University of Agricultural Sciences in 2020.

However, survival depends on the translocation of the tree to the identified receptor with necessary arrangements, architecture of the tree, proper maintenance, and acclimatisation of the tree to the new soil regime. Moreover, survival can be expected after one year, and adjusting to the present soil conditions and survival rate should be observed for all seasons.

"The success rate of 41 percent is too low. For transplantation, a success rate of around 70 percent is considered good. Low survival rate implies that although guidelines are being followed, some aspects of the process can be improved," said a city-based tree activist.

CM says Cong supports women's reservation, objects to delimitation clause

Chief Minister Siddaramaiah on Sunday said the Congress supports women's reservation but opposes linking it with delimitation, alleging that such a move would lead to injustice for certain states.

Speaking to reporters, he maintained that the party has consistently backed reservations for women and accused the BJP of "politicising the issue" ahead of elections in other states.

"The Women's Reservation Bill was already passed in 2023 by both Houses-the Rajya Sabha and the Lok Sabha. Now they have brought it along with delimitation. They have linked delimitation to it. We have never opposed women's reservation. I am making it very, very clear: we are not opposed to women's reservation," he said.

Siddaramaiah questioned the BJP's track record on women's representation in local bodies, crediting former Prime Minister Rajiv Gandhi for introducing constitutional amendments that ensured reservation at the grassroots level.

"Who brought women's reservation in local bodies? Who introduced the 73rd and 74th Constitutional Amendments? It was done when Rajiv Gandhi was the PM. Did the BJP do it? Or did

they even demand it?" he asked.

The CM argued that delimitation could disproportionately benefit northern states in terms of parliamentary seats, citing Uttar Pradesh as an example, and said Karnataka's representation would not increase at the same rate.

"Delimitation will cause injustice to some states. That is why we oppose it, but we do not oppose women's reservation. We support women's reservation," he said.

He added that any constitutional amendment requires a two-thirds majority in Parliament and approval from at least half of the states, reiterating that the Congress party's objection is limited to delimitation.

Responding to a question on remarks by Prime Minister Narendra Modi, Siddaramaiah alleged that the issue was being politicised ahead of elections.

"They have started doing politics now. There are elections in Tamil Nadu and West Bengal, so they are doing politics for that," he said.

In a major setback to the BJP-led Central government, a Constitution Amendment Bill to implement 33 per cent reservation for women in legislatures from 2029, along with increasing the number of Lok Sabha seats to 816, was defeated on Friday. However, the ruling dispensation asserted that the struggle to secure women's rights would continue.

While 298 members voted in support of the Bill in the Lok Sabha, 230 MPs voted against it. Out of 528 members who voted, the Bill required 352 votes to secure the two-thirds majority needed for passage.

According to the Constitution (131st Amendment) Bill, Lok Sabha seats were to be increased to 816 from the current 543 to "operationalise" the women's reservation law before the 2029 parliamentary polls, following a delimitation exercise. Seats in state and union territory assemblies were also to be increased to accommodate a 33 per cent reservation for women. **PTI**

Your Connect

tender & notices

PUBLIC NOTICE

SHANTHI HOSPITAL AND RESEARCH CENTRE
#307, 40TH Cross, Jayanagar, 8TH Block, Bangalore - 560 070

NOTICE

In-Patient Medical Records (General files) pertaining to the Year 2018 to 2020 & Expired patient files up to 2014 will be destroyed. WHOSOEVER Interested can contact Medical Record Department to collect their records within 30 days from the date of publication of this Notification.Note: Not applicable to Medico-Legal Case files and Death patient Medical Records (from 2015).Contact Person: Mr.Pinto Dutta, Incharge-Medical Records Department Contact No.080-43229999/+91 99646 33867

Sd/-
Medical Director

personal

CHANGE OF NAME

I, Rajeswari Gadiganurmath, w/o Vishwanath Gadiganurmath, R/o of 302, KV Enclave, 2nd Stage, Kumarswamy Layout, Bangalore 560078, have changed my name to Rajeshwari Gadiganurmath

I, Ahila Chellaian Parameswaran R/o No.14, 2nd Flr, Joval farms and Villas layout, Carmelaram, Bengaluru 560035 have changed my name to Ahila Parameswaran. I shall be called by this name for all purposes

I, Rajamma Chandre Gowda R/o H N pura road, Sharadanagar, Adagur, Hassan 573116 have changed my name to Rajamma Godehosahally Puttachannegowda (G P Rajamma) I shall be called by this name for all purposes

I, PALANI S M R/O NO.15/1 Kashi Vishwanath temple Road Vannarpet Bangalore We changed my minor daughter name from Pranaya to Pranaya P (28-10-2014) for all future purposes vide affidavit no.8810 dated 09-04-2026

I, Chandre Gowda R/o H N pura road, Sharadanagar, Adagur, Hassan 573116 have changed my name to Channarayapatna Nanjappa Chandregowda (C N Chandregowda) I shall be called by this name for all purposes

I Parasmal Rakesh Sancheti S/O, Parasmal Sancheti R/o No 20,rhenius Street,b Nanjappa Circle,shanthi Nagar,bangalore -560025 have changed my name to Rakesh Parasmal.

jobs

SITUATION VACANT

OTHER VACANCIES

MULTIPLE VACANCIES

URGENTLY REQUIRED
Bangalore
150yrs old Biggest Financial Industrial Group.
Part Time/ Full Time opportunities only for Retired.
GOVT.OFFICIALS/ BANKERS/ TEACHERS
50yrs to 70yrs, Huge Salary+ Incentive
Contact
7795883094
6364563490

Bennett & Coleman
THE TIMES OF INDIA

Readers are recommended to make appropriate enquires and seek appropriate advice before sending money, incurring any expenses, acting on medical recommendations or entering into any commitment in relation to any advertisement published in this publication. All creatives marked as Advertorial, Spotlight and Promotional Features are to be treated as Advertisements. The Times of India Group doesn't vouch for any claims made by the Advertisers of the products and services. The Printer, Publisher, Editor, and the owners of The Times of India Group publications shall not be held liable for any consequences, in the event such claims are not honoured by the Advertisers.

Around 12,500 violations recorded each month

CONTINUED FROM PAGE 1

risky act of recording content on the move.

In another recent case, three doctors were arrested in Bengaluru after a video went viral showing them dangerously triple riding a motorcycle without helmets while allegedly consuming beer on a busy BTM Road in March. They were booked for multiple violations, including triple riding, riding without helmets, negligent driving, and consuming alcohol in a public place. The accused were later released on bail.

However, senior police officials explained that they actively monitor social media for offences such as wheeling and other dangerous stunts, and take action and provide evidence of violations when videos including those showing triple-riding go viral. At the same time, they acknowledged that triple riding is a common sight on city roads.

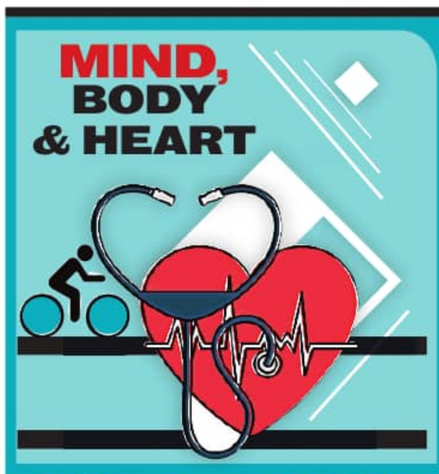
Multiple traffic officials of different stations BM spoke to agreed that for many youngsters, triple riding is a casual choice whether for fun, dropping off friends, or short trips like going out for a cup of coffee. "Frequent disputes over meter-based fares and the high cost of ride-hailing services also push groups of friends or colleagues to squeeze onto a single bike instead of hiring an auto for short distances. Among those aged 18–25 years, triple riding is sometimes treated as a social activity or even a way to show off," said an official.

"Several factors contribute to the prevalence of triple riding in Bengaluru, often rooted in cultural habits, peer influence, and a convenience over safety mindset," a senior traffic police official said. "Many tend to view it as a minor violation compared to more serious offences. In residential areas, people frequently resort to it for quick errands within colonies or ward roads, assuming the chances of accidents or being caught by the Bengaluru Traffic Police are lower in such less-monitored zones," he said.

According to the officer, there is also a misguided belief that utilising every inch of a two-wheeler's seat is simply an efficient use of space. "In contrast, for several families who cannot afford a car, a two-wheeler remains the only viable mode of transport, often leading to parents carrying two children or multiple family members on one vehicle out of necessity," he said.

However, the Traffic Police have issued a public advisory cautioning against triple riding on two-wheelers. In a post on X on Tuesday, the department highlighted the key risks associated with the practice, including a higher chance of serious injuries, loss of balance and control, and clear violation of traffic rules.

Officials noted that carrying more than one pillion rider alters the vehicle's weight distribution, making it difficult for the rider to steer or brake effectively, thereby increasing the risk of accidents. The advisory also stressed that triple riding endangers not only those on the vehicle but other road users as well, and constitutes a direct violation of the Motor Vehicles Act. The offence attracts a penalty ranging from ₹500 to ₹1,000 under existing traffic regulations.



All you need to know about...

Superfoods

Disease fighters
Various studies over the years have found that these easily accessible healthy foods contain the highest amounts of disease-fighting antioxidants, essential fatty acids, and other vital nutrients that we need for a healthy life. Here are 5 such foods:

Nuts
Nuts are rich in essential minerals and protein and essential fatty acids that protect brain, heart and bones.

Saltwater Fish
It is one of the healthiest sources of protein. Saltwater fish doesn't eat food raised with chemical fertilizers and thrives on essential minerals found in water, the most important being iodine.

Mushrooms
Mushrooms are grown in rich organic matter, without pesticides and rich in iron and protein. They boost the immune system, preventing infections and research says that mushroom compounds can fight breast cancer.

Honey
Rich in antioxidants and also contains phytoestrogens, which studies show can prevent breast, prostate and endometrial cancers. Since honey has a low glycemic index, using it to sweeten your drink or food will not give you an energy-bursting sugar rush.

Coconut
It is a good source of fats and carbohydrates and is exceptionally healthy. Studies show that people who include high amounts of coconut and coconut oil in their diet had lower rates of heart disease. Also, lauric acid, which helps the immune system fight infections, is found in coconut oil in high quantities.

Wild berries
The word wild attached to your berries can make a huge difference. The most important being, these grow without chemical help and aren't treated with pesticides. Wild berries have antioxidants that counteract inflammation and insulin sensitivity, which when not controlled can lead to arthritis and diabetes.

-Femina

When the heat is on

City doctors note spike in heat-related illnesses, give tips on how to stay cool this summer

Iffath Fathima
iffath.fathima
@timesofindia.com

TWEETS @BangaloreMirror

As the city is witnessing a spike in heat this summer, with it has come a growing number of health concerns. Hospitals across the city are reporting a steady rise in patients experiencing heat-related illnesses ranging from dehydration and fatigue to more serious conditions like heat exhaustion and heatstroke.

Doctors say that while the city may not experience extreme temperatures like some other parts of the country, the sudden increase in heat, combined with urban factors, is taking a toll on residents.

Alongside general health issues, ophthalmologists are also observing a surge in eye-related problems, particularly dry eyes and infections. Increased exposure to heat, dust, and air-conditioned environments is contributing to discomfort and irritation, affecting people across age groups. Medical experts are now urging citizens to be more aware of early symptoms and take timely precautions to avoid complications.

Dr. Srividya S, Additional Director, General Medicine, Fortis Hospital, confirms that there has been a noticeable increase in heat-related cases in recent weeks. "Yes, we are clearly seeing a rise in heat-related illnesses this season, even in a city like Bengaluru which usually experiences cooler summer months. The most common cases we are seeing include dehydration, fatigue, dizziness, muscle cramps, and episodes of fainting. In some cases, people are also visiting the hospital with low blood pressure and if not addressed early, these can progress to more serious conditions like heat exhaustion or even heatstroke."

The doctor also pointed out that many people tend to overlook early warning signs, often mistaking them for routine tiredness.

"The body usually gives clear warning signals. The common and the early symptoms the people experiencing are extreme sweating, continuous fatigue with headache and dizziness, nausea and muscle cramps. Some people may also feel unusually irritable, or like you might faint, which is another important sign."

In more serious cases, she said, reduced sweating, confusion, or very high body temperature can indicate heatstroke, which is a medical emergency. "Recognising these early symptoms and acting quickly can prevent complications," she said.

Children and elderly people experience greater health threats because their bodies cannot effectively control their body temperatures.

"Prolonged heat exposure can significantly worsen chronic health conditions. Dehydration affects blood sugar control in diabetic patients and raises their risk of developing complications. Hypertension patients experience blood pressure changes when they become dehydrated or take their prescribed medications. When fluid levels drop, kidney patients experience increased stress on their kidneys, which can result in sudden medical emergencies. Heat also increases overall stress on the cardiovascular system, which can aggravate heart-related conditions. So, for these individuals, even moderate heat can have a stronger impact compared to healthy individuals," she cautioned.

> **Experts are urging citizens to be aware of early symptoms and take timely precautions to avoid complications**

Dr Ajinkya Deshmukh, Consultant Ophthalmologist, Eye Foundation Eye Hospital, says the impact of rising temperatures on eye health is also clear.

"With the sudden rise in temperatures this summer, we are seeing a noticeable increase in patients presenting with dry eye to heat, dust, and air-conditioned environments is aggravating the ocular surface, leading to symptoms such as irritation, redness, burning sensation, and a gritty feeling in the eyes. If left unaddressed, this can progress to inflammation, increased risk of infections, and overall discomfort impacting daily activities," said Dr Deshmukh.

Ophthalmologists are observing a 60% increase in dry eye cases during this period. It often begins with itching and irritation, prompting frequent eye rubbing, which can further worsen the condition and even lead to infections. "In addition to dry eyes, we are also seeing a rise in allergic conjunctivitis, eye redness, and irritation caused by increased exposure to dust, pollen, and UV rays," he said.

"To protect eye health during extreme summer conditions individuals should stay well-hydrated to maintain natural tear production. Wear UV-protective sunglasses when stepping outdoors and avoid excessive eye rubbing, as it can worsen irritation and introduce infections. Take regular breaks from screens to reduce eye strain and dryness. Use lubricating eye drops if recommended by an eye care professional. Maintain good hygiene, especially if you are a contact lens user," he said.

Preventive measures

- Stay hydrated; include buttermilk, coconut water, and fruits in your diet
- Wear light, breathable clothing and use caps or umbrellas
- Take frequent breaks in shaded or cool areas
- Avoid caffeine and alcohol during extreme heat
- Watch for early symptoms like dizziness, fatigue, or excessive sweating
- Use sunglasses to protect eyes from UV exposure
- Avoid rubbing eyes and maintain hygiene, especially with contact lenses

MIRRORLIGHTS

Increased screen time among children leading to reduced attention spans, disturbed sleep: Study

The rising screen time among children is causing behavioural changes, with many increasingly showing signs of poor concentration, loneliness and sleep disturbances, a study conducted at the Rajasthan government's Sawai Man Singh (SMS) Hospital has found.

The study was conducted by senior psychologist Dr Jayshree Jain on 150 children in the age group of 10 to 16. It involved interactions with the children and their parents, along with behavioural observation.

Jain told PTI that the findings revealed that 72 per cent of the children used mobile phones for three to six hours daily.

While 60 per cent of them reported having trouble focusing while studying, 48 per cent exhibited irritability and aggressive behaviour, and 41 per cent suffered from sleep-related issues due to late-night mobile usage. Additionally, 35 per cent of the children had reduced communication with family members, she said.

"Excessive mobile use is leading to dependency and children are feeling restless without access to their devices. Other behavioural patterns include lying to parents about usage and frequent checking of social media," she said.

Symptoms of anxiety and depression were also observed in several cases.

Jain warned that such patterns could develop into psychological and behavioural dependence, comparable to other forms of addiction.

The psychologist explained that social media and short videos trigger the release of dopamine, a hormone associated with pleasure, reinforcing repeated usage.

"Lack of goals, physical activity or creative engagement further increases children's inclination towards mobile devices," she said.

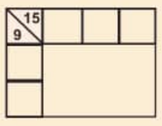
Jain said families play a crucial role in regulating screen time.

"Parents should set limits, create phone-free routines such as keeping devices aside during meals, and encourage children to engage in sports, reading and creative pursuits. Spending quality family time can help foster positive behaviour among children," she said. **-PTI**

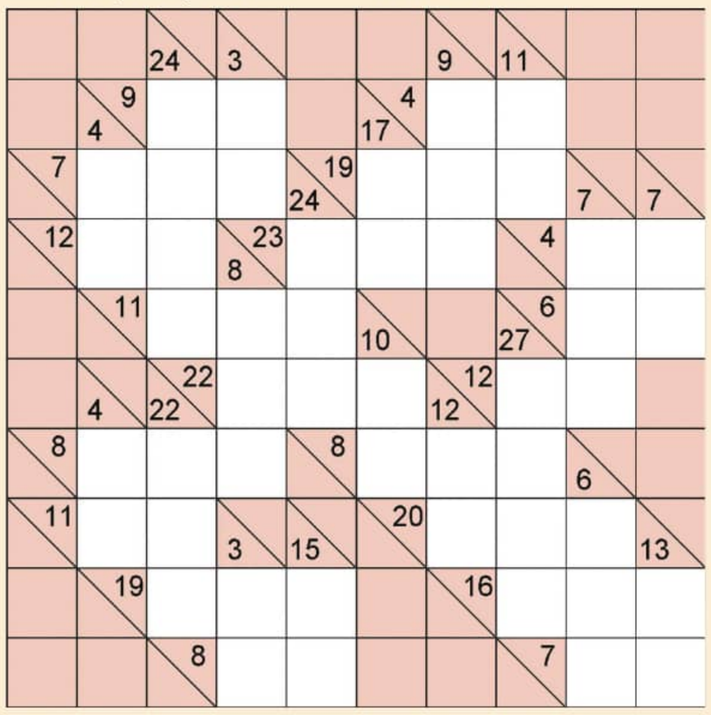
mybangaloremirror@timesofindia.com
facebook.com/theBangaloremirror
@BangaloreMirror

Kakuro

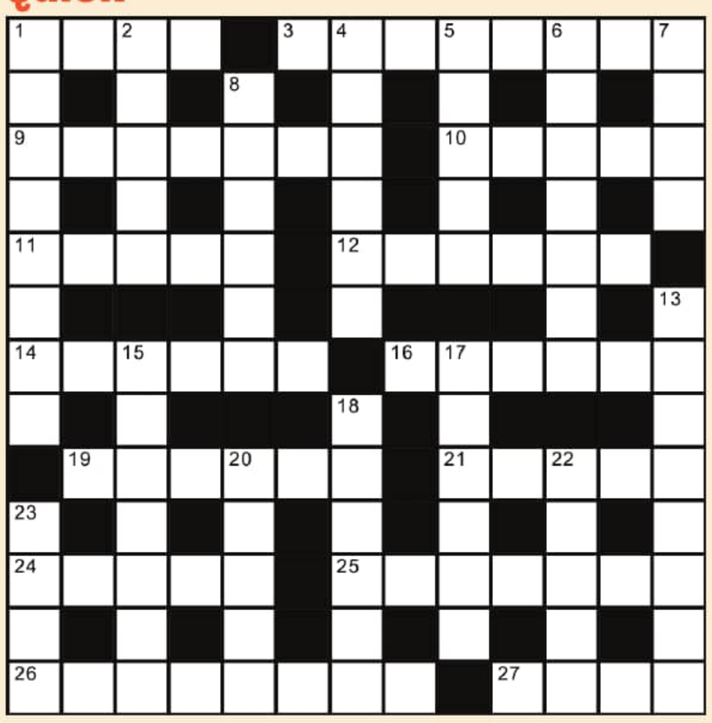
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Policemen (4)
3 Departs suddenly and secretly (8)
9 Land of Nineveh (7)
10 Prevent, avoid (5)
11 Guru in our country (5)
12 King of the Huns (6)
14 Old aircrafts or cars? (6)
16 Fairground wheel (6)
19 With hands on hips and elbows out (6)
21 Resided or stayed (5)
24 Ellipses (5)
25 Account of goods delivered (7)
26 Warning sign (3,5)
27 Hair curling process (4)

DOWN

1 Enduring works of literature (8)
2 Penne, macaroni, etc (5)
4 Vidhyarthi ____ : Dosa place in Gandhi Bazaar (6)
5 Intone (5)
6 He likes to tease others? (7)
7 Complete groups (4)
8 Reach a point (6)
13 A line joining points of equal temperature (8)
15 Clumsy or bungling (7)
17 Chicory used in salad (6)
18 Like a young man–not at all girlish (6)
20 Seven time Ballon d'Or winner (5)
22 Banishment (5)
23 A hit to the boundary (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: Q EQUALS H

MO QGE RTEO, LMX GE OQT XYRVTEO YK MVV MXGLMVE; ETHMAMOTZ KAYL VMF MXZ WJEOGIT QT GE OQT FYAEO.

Linemaro

Is your licence suspended... for driving guys crazy?

Mindchow

Great things are done by a series of small things brought together

Joke of the day

How much room is is needed for fungi to grow? As mushroom as possible

Loop

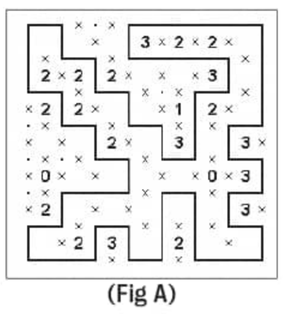
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

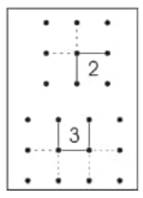
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

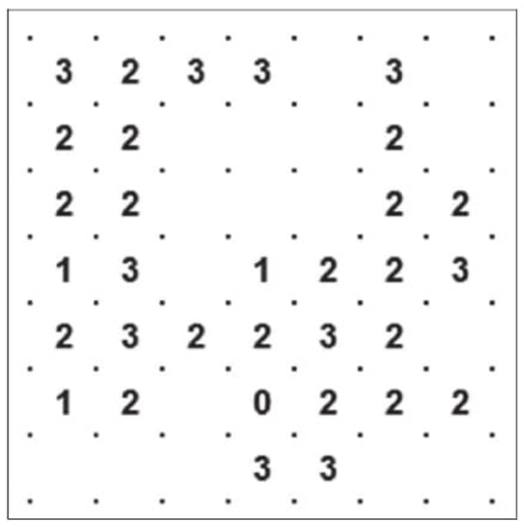
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



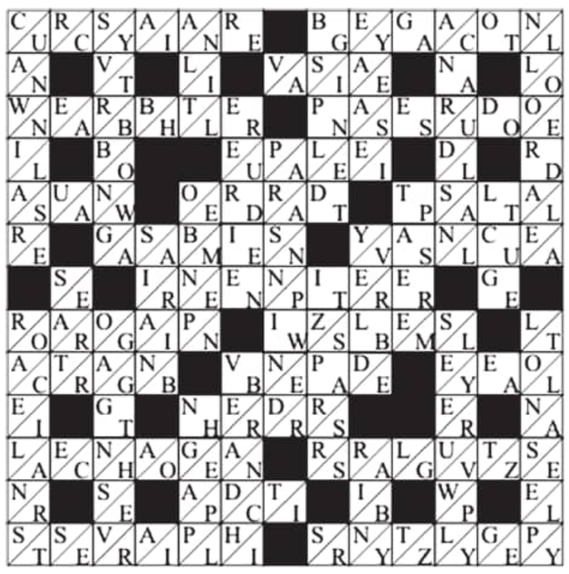
(Fig A)



(Fig B) Not Allowed



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1	2	3	4	5
6				
7				
8				
9 H				

ACROSS

1 FF gas; 6 Of ear;
7 Nervi; 8 Deter;
9 Rheas

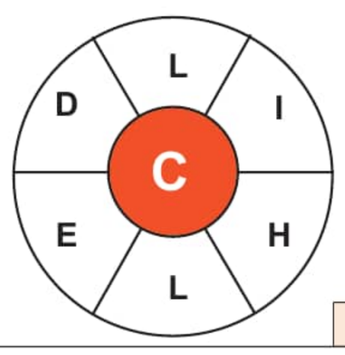
DOWN

1 Rt hag; 2 If are;
3 Ave of; 4 Refer;
5 SS Den

Mensapuzzle

Which number continues this sequence?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

05 Average; **06** Good; **08** Outstanding

SudokuChallenge

		1	8		9	6		
	4						7	
2	8						4	9
9			3		6			8
	3		7		8		9	
5			4		1			7
8	9						2	1
	5						6	
		6	9		2	3		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 11

2 7 7 5

Medium = 10

5 5 6 4

Hard = 43

2 6 7 3

Hocusfocus

Find at least six differences in details between panels.

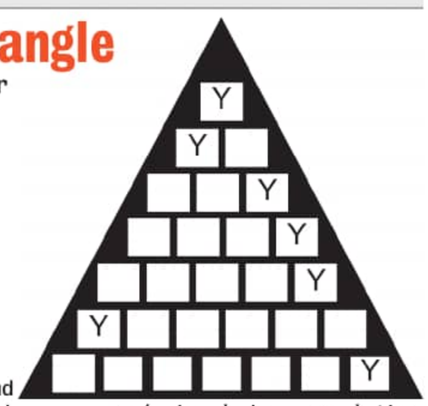
Differences: 1. Clipboard is longer. 2. Sign is higher. 3. Purse is missing. 4. Shutter is missing. 5. Window is missing. 6. Moon is added.

Riddler

A Name Train is a puzzle where each name is connected together like box cars in a train. Here is an example Name Train: Joan [ ] Li. The answer is Joan Jet Li (Joan Jet–Female singer, Jet Li–Actor) Ready? OK here goes: 1. Chris [ ] Hudson. Ready? OK here goes: 1. Chris [ ] Hudson
2. Chris [ ] Asimov 3. Boy [ ] [ ] Ford 4. Elton [ ] [ ] Newton 5. Curious [ ] [ ] [ ] Browne

Alpha triangle

1 Second last letter
2 Yes, slang
3 Speak aloud
4 Remain behind
5 Hurried
6 Sailing boats
7 Rigidly formal

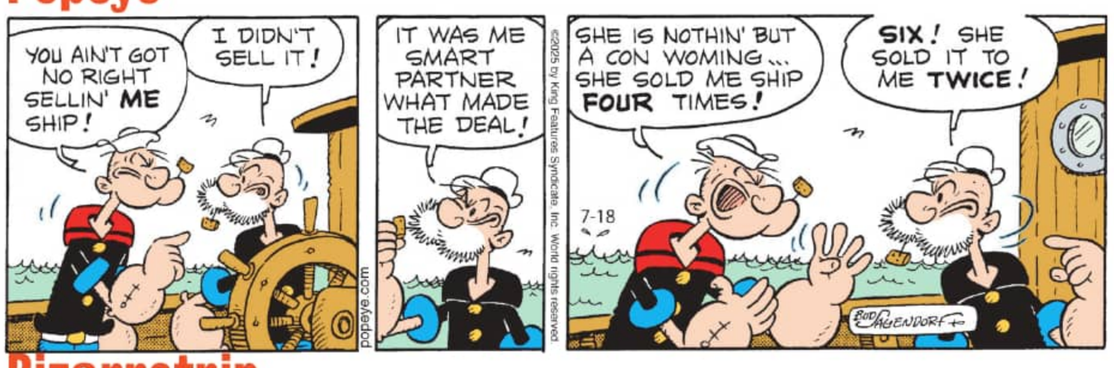


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye


YOU AIN'T GOT NO RIGHT SELLIN' ME SHIP!
I DIDN'T SELL IT!
IT WAS ME SMART PARTNER WHAT MADE THE DEAL!
SHE IS NOTHIN' BUT A CON WOMING... SHE SOLD ME SHIP FOUR TIMES!
SIX! SHE SOLD IT TO ME TWICE!
7-18
©2025 by King Features Syndicate, Inc. World rights reserved
popeye.com
BOD AGENDORF

Bizarrotrip

Wayno & Piraro 1·7·26
Now, doesn't that look better than dragging that long strip behind you?
Dist by King Features
BIZARRO.COM
© 2026 BIZARRO STUDIOS

Diamond Lil

SAM, ARE THERE ANY WOMEN IN THE LIARS' CLUB?
WHY WOULD THERE BE? WOMEN DON'T LIE, DO THEY?
THAT IS CORRECT
©2015 creators.com
www.creators.com
BARRETT

Hart of the city

WHY HAVEN'T WE BEEN COMPETING IN THE MIDDLE SCHOOL THEATRE TOURNAMENT OF CHAMPIONS?!
THE SCHOOL STOPPED GOING BEFORE I STARTED WORKING HERE.
I THINK THE DRAMA CLUB WAS GETTING SMALLER AT THE TIME, AND THEY REALLOCATED THE TRANSPORTATION BUDGET.
HEART OF THE CITY © 2026 AUDREWS MCMEEL
WELL, WE HAVE THE BUDGET NOW! THEY'RE BUILDING A NEW TENNIS COURT!
AND WHO EVEN PLAYS TENNIS?
GOCOMICS.COM/HEARTOFTHECITY
YEAH!
FOR REAL!
THAT'S RIGHT!
I DO!

Crankshaft

AN APP THAT CHIRPS WHEN A BIRD LANDS AT YOUR BIRD FEEDER...
WHAT'LL THEY THINK OF NEXT?
CHIRP!
SQUIRREL!
© 2026 Mediagraphics, Inc. Dist. by Andrews McMeel Syndication
1-7
BATIUK & DAVIS

Mutts

WRITTEN IN THE STARS

DR SUNDEEP KOCHAR

If it's your birthday today

Your birthday marks the start of a vibrant year full of curiosity, opportunity, and bold ideas. Travel connects with work ambitions, leading to inspiring places. Love feels balanced, playful, and sincere. Finances improve through persistence and smart timing. At home, warmth, laughter, creativity, and meaningful conversations restore you. Step confidently into the months ahead where courage, patience, and passion bring.

Aries Mar 21 – Apr 20

You may feel tempted to stay home today, Aries, but responsibilities require your attention. Avoid laziness and complete important tasks. Join colleagues and remain productive, relaxation can come later.

Taurus Apr 21 – May 20

Unexpected changes may disrupt your routine today, Taurus. Adapt gracefully and treat them as opportunities for growth. Stay focused on relationships and goals, trusting your resilience to guide you forward.

Gemini May 21 – Jun 21

Unusual opportunities may appear today, Gemini. Instead of hesitating, evaluate them logically and stay open to new experiences. Exploring unfamiliar paths could bring exciting possibilities.

Cancer Jun 22 – July 23

Quick thinking helps you overcome challenges today, Cancer. Your charm and confidence impress others and support your success. Trust your abilities—things are likely to work out smoothly.

Leo Jul 24 – Aug 23

Travel plans may not go smoothly today, Leo, so consider postponing them if possible. Instead, revisit an old hobby or activity you once enjoyed to refresh your mood.

Virgo Aug 24 – Sep 23

Enjoy meaningful moments with good company today, Virgo. Focus on gratitude rather than worries. A short drive or relaxing outing may help clear your mind.

Libra Sep 24 – Oct 22

Your appreciation for others shines today, Libra. While kindness strengthens relationships, be careful not to create false expectations. Avoid reconnecting romantically with someone from your past.

Scorpio Oct 23 – Nov 22

New opportunities may arise from your energetic mindset today, Scorpio. However, avoid rushing into important decisions. Enjoy the day and leave major choices for later.

Sagittarius Nov 23 – Dec 22

Trust your instincts today, Sagittarius. Stand firm in your beliefs and speak up if something feels wrong. Don't allow others to take advantage of your kindness.

Capricorn Dec 23 – Jan 20

A task may feel more difficult than expected today, Capricorn. Stay calm and trust your problem-solving abilities. With patience, you'll overcome challenges faster than anticipated.

Aquarius Jan 21 – Feb 19

Rest and recovery should be your focus today, Aquarius. Recent exertion may have drained your energy. Prioritise sleep, nutritious food, and gentle self-care to regain balance.

Pisces Feb 20 – Mar 20

Opportunities may come through someone's assistance today, Pisces. Embrace helpful offers and remain productive. Use your free time wisely to build new connections and progress toward success.

www.sundeepkochar.com

KIDZONE

Janani, Bengaluru

Saanvi, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
216-(36/2*3+4)-27=
216-(18*3+4)-27=
216-(54+4)-27=
216-(58)-27=
216-85=
131

BULL'S EYE
cell, child, chill, CHILLED, dice, iced, lice

FAST FIVE

G	A	F	F	S
A	F	O	R	E
R	I	V	E	N
T	R	E	E	D
H	E	A	R	S

QUOTE UNCODE
At his best, man is the noblest of all animals; separated from law and justice he is the worst.

STRIKE OUT

U	R	S	I	N	E	B	E	A	C	O	N			
N	T	I	V	I	A	A	O							
W	A	R	B	L	E	P	S	E	U	D	O			
I	O	N	O	R	A	D	T	A	L	L				
S	U	N	E	P	E	D	D							
E	G	A	M	I	N	V	A	L	U	E				
O	R	G	A	N	I	S	L	E	S	L				
C	R	A	B	B	E	A	D	Y	A	O				
A	C	H	A	E	A	S	A	L	U	T	E			
N	E	A	C	T	B	P	L							
E	T	H	E	R	R	N								
S	E	R	A	P	H	S	Y	Z	Y	G	Y			

QUICK

C	O	P	S		A	B	S	C	O	N	D	S		
L	A		A		H		E							
A	S	S	Y	R	I	A		A	V	E	R	T		
S		T		R		V		N		D		S		
S	W	A	M	I		A	T	T	I	L	A			
I				V		N				E		I		
C	R	A	T	E	S		F	E	R	R	I	S		
R	E	D	L	I	G	H	T		P	E	R	M		

SUDOKU

4	1	6	9	7	2	3	8	5
7	5	2	1	8	3	9	6	4
8	9	3	5	6	4	7	2	1
5	6	8	4	9	1	2	3	7
1	3	4	7	2	8	5	9	6
9	2	7	3	5	6	4	1	8
2	8	5	6	3	7	1	4	9
6	4	9	2	1	5	8	7	3
3	7	1	8	4	9	6	5	2

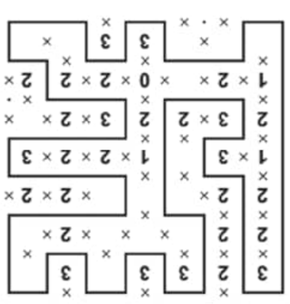
MENSA PUZZLE
32. Working downwards, square the numbers 0, 1, 2, 3 and 4 and multiply by 2.

RIDDLER
1. Chris Rock Hudson,
2. Chris Isaac Asimov,
3. Boy George Harrison Ford,
4. Elton John Wayne Newton &
5. Curious George Michael Jackson Browne

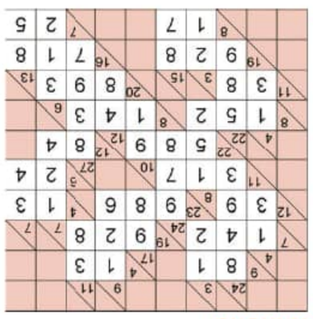
ALPHA TRIANGLE
Y, Ya, Say, Stay, Hasty, Yachts, Starchy.

GO FIGURE
Easy
2 + 7–5 + 7 = 11
Medium
4 + 6–5 + 5 = 10
Hard
6 x 7 + 3–2 = 43

LOOP



KAKURO



Volume No 18, Issue No 077 RNI NO:KARENG/2007/21142 Published for the Proprietors, Metropolitan Media Company Ltd by Lokesh K.V. at No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011 and printed by him at Bennett Coleman & Co Ltd., The Times of India Press, No. 9/10/11-A, 4th Main, KIADB Bommasandra Industrial Area, Anekal Taluk, Bangalore–560 099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Registered Office: No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru–560 011, Email : mybangaloremirror@timesofindia.com Editor : Ms. Seena Menon–responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

Deep grief
Nicole Kidman recalls learning of mother's death before Venice win, says she didn't know how to "function"

BangaloreMirror | 12
Monday, April 20, 2026
mybangaloremirror@timesofindia.com
facebook.com/thebangaloremirror
@BangaloreMirror

What's the good news?

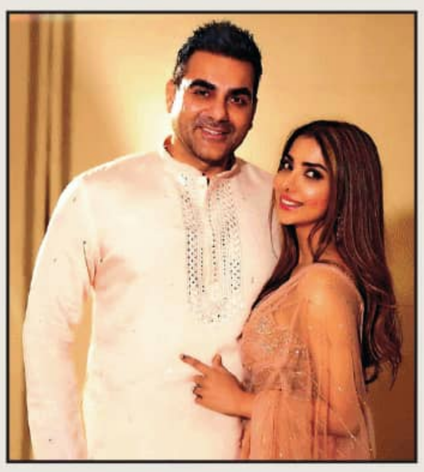
B-Town celebs who have used creative ways to announce pregnancy

Parineeti Chopra-Raghav Chadha

Parineeti Chopra and Raghav Chadha added a creative twist to their reveal. The couple shared a picture of a cake with "1+1=3" written on it, accompanied by tiny feet decorations symbolising their upcoming baby. They captioned it, "Our little universe … on its way, Blessed beyond measure," making the moment both symbolic and adorable. They welcomed their baby boy, named Neer, on October 19, 2025.

Arbaaz Khan-Sshura Khan

Arbaaz Khan and Sshura Khan chose a more direct route, confirming their pregnancy during an interview. Expressing his happiness, Arbaaz shared, "It's a very exciting time in both our lives. We are happy and excited," giving fans a glimpse into their joy. Arbaaz Khan and Sshura Khan welcomed their baby girl, named Sipaara Khan on October 5, 2025.



Katrina Kaif-Vicky Kaushal

Katrina Kaif and Vicky Kaushal chose simplicity and emotion while sharing their big news. The couple posted a black-and-white polaroid where Vicky lovingly held Katrina as they cradled her baby bump. Their caption read, "On our way to start the best chapter of our lives with hearts full of joy and gratitude," making it one of the most heartfelt announcements. The couple was blessed with a baby boy on November 7, 2025 and they named their little bundle of joy Vihaan Kaushal.

Rajkummar Rao-Patralekhaa

Rajkummar Rao and Patralekhaa opted for a simple announcement. They shared an image of a cradle with the words "Baby on the way". . Rajkummar added a heartfelt caption, "Elated," perfectly capturing their joy. The coupld welcomed their first child, Parvati Paul Rao, on November 15, 2025.

Deepika and Ranveer announce second pregnancy

Deepika Padukone and Ranveer Singh have once again captured everyone's attention with their adorable pregnancy announcement, as they revealed they are expecting their second child in the sweetest way possible. The couple shared a heart-melting post featuring their daughter, making the moment feel even more special and personal. Over the years, Bollywood celebrities have turned pregnancy announcements into memorable moments, blending creativity with emotion.

Kiara Advani-Sidharth Malhotra

Kiara Advani and Sidharth Malhotra announced their pregnancy with a warm and emotional note. Sharing the news on social media, they wrote, "The greatest gift of our lives. Coming soon." Their announcement came around their wedding anniversary, making it even more special for fans. Kiara Advani and Sidharth Malhotra welcomed their baby girl, named Saraayah Malhotra, on July 15, 2025. **–ETimes**

Charles Dance in talks to join cast of 'The Batman: Part II'

Actor Charles Dance is in talks to join the cast of 'The Batman: Part II', where he is expected to play the father of Harvey Dent in the upcoming sequel to 2022's Batman, according to The Hollywood Reporter.

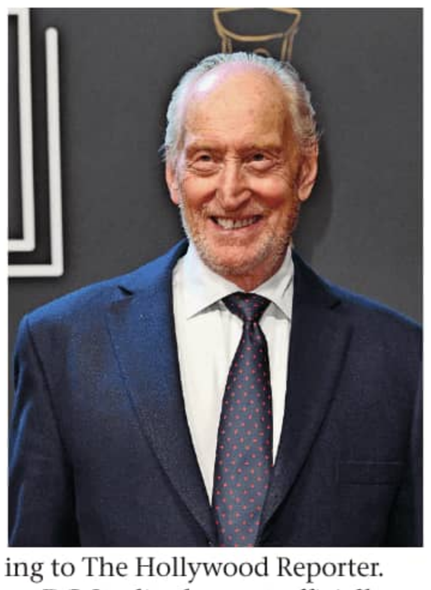
Robert Pattinson is back to lead the film as the Dark Knight, with Sebastian Stan as Harvey Dent and Scarlett Johansson as Dent's wife.

Directed by Matt Reeves, who also helmed the 2022 film 'The Batman', the sequel is expected to go on floors next month. Reeves has co-written the script with Mattson Tomlin.

Charles Dance, widely known for his role as Tywin Lannister in 'Game of Thrones', has an extensive filmography that includes titles such as 'The Imitation Game', 'Gosford Park' and 'Alien 3'. He was also seen in recent projects like 'The First Omen' and Guillermo del Toro's 'Frankenstein', as per the outlet.

The first instalment, released in 2022, was a major box office success, earning approximately USD 772 million worldwide. It featured a strong ensemble cast including Colin Farrell as Penguin, Zoë Kravitz as Catwoman, Jeffrey Wright as Jim Gordon, Paul Dano as the Riddler, Andy Serkis as Alfred and Barry Keoghan in a cameo role.

Following the success of the original film, Warner Bros. announced a sequel at CinemaCon in April 2022. The release date has since undergone multiple changes and is currently slated for October 1, 2027, according to The Hollywood Reporter.



DC Studios has not officially commented on Dance's potential casting. **–ANI**

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Rudrabhishekam next month

Rudrabhishekam, backed by nine producers, is set to arrive in theaters next month. The movie that will showcase Veeragase, a traditional folk dance of Karnataka, and the history of Lord Veerabhadra, is directed by Vasanthkumar.

Vijay Raghavendra plays a double role - father and son -- for the first time in his acting career. Bigg Boss fame Priyanka Thimmesh plays the female lead. "We want to highlight the importance of Lord Veerabhadra and create awareness on Veeragase . I also play the role of a philosopher in the film," the director said. The movie also features Bala Rajwadi, V Manohar, Manu, Sanath, Bullet Vinu and others.

Kiladi Megha audio out

The audio and teaser of Kiladi Megha were unveiled by Kannada Film Chamber of Commerce president Krishne Gowda and comedy actor Mithra at Kalavidara Sangha, Chamarajpet on Saturday. The movie is backed by choreographers Sukumar and Manjunath under the Sulochana Productions banner.

BT Manjunath Araga debuts as an independent director. The movie portrays the ill-effects of greed. Mahalakshmi, known for Dance Karnataka Dance and Drama Junior reality shows, plays the lead.

Ode to Parshuram

Hombale Films, known for making hits such as Rajakumara, KGF, Kantara, and Salar, announced the launch of Mahavatar Parshuram on the occasion of Parshuram Jayanti on Sunday. It is the second instalment in its Mahavatar Cinematic Universe. Prior to this, Hombale Films made Mahavatar Narasimha, an animated feature film. The movie Mahavatar Parshuram will be directed by Ashwin Kumar. The poster launched on Sunday depicts a fierce warrior standing in a battlefield with an axe.